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Securities and Exchange Commission  
Office Of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC 20549  
USA

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2007 NOV 28 2 8:05  
SAINSBURY'S

Sainsbury's Supermarkets Ltd  
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London  
EC1N 2HT

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Fax 020 7695 7610  
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Ext: 020 7695 6378  
Fax: 020 7695 6378  
Date: 14 November 2007

**SUPL**

Dear Sir

J Sainsbury Announces: Notification of Transactions of Directors, Persons  
Discharging Managerial Responsibility or Connected Persons.

Please find enclosed a copy of the above announcement made to the London Stock Exchange on  
14 November 2007.

Yours sincerely

**Hazel Jarvis**  
Deputy Secretary

**PROCESSED**

**NOV 30 2007**

**THOMSON  
FINANCIAL**

Enc

Registered office as above  
Registered number 3261722 England  
A subsidiary of J Sainsbury plc

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS**

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This form is intended for use by an *issuer* to make a *RIS* notification required by *DR 3.1.4R(1)*.

NOTICE OF INTENTION  
TO DISCHARGE

- (1) An *issuer* making a notification in respect of a transaction relating to the *shares* or debentures of the *issuer* should complete boxes 1 to 16, 23 and 24.
- (2) An *issuer* making a notification in respect of a derivative relating the *shares* of the *issuer* should complete boxes 1 to 4, 6, 8, 13, 14, 16, 23 and 24.
- (3) An *issuer* making a notification in respect of options granted to a *director/person discharging managerial responsibilities* should complete boxes 1 to 3 and 17 to 24.
- (4) An *issuer* making a notification in respect of a *financial instrument* relating to the *shares* of the *issuer* (other than a debenture) should complete boxes 1 to 4, 6, 8, 9, 11, 13, 14, 16, 23 and 24.

Please complete all relevant boxes in block capital letters.

1. Name of the *issuer*

**J SAINSBURY PLC**

2. State whether the notification relates to

(i) a transaction notified in accordance with *DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

**(iii) both (i) and (ii)**

3. Name of *person discharging managerial responsibilities/director*

**MARY HARRIS**

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

**N.A.**

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest<sup>1</sup>

**HOLDING IN RESPECT OF MARY HARRIS**

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

**ORDINARY SHARES OF 28 4/7 PENCE**

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

**M E HARRIS and R BECKER**

8. State the nature of the transaction

**PURCHASE OF SHARES**

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

**5,000**

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

N.A.

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

N.A.

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

N.A.

13. Price per *share* or value of transaction

412.346 pence

14. Date and place of transaction

14 NOVEMBER 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

5,000 ORDINARY SHARES

16. Date issuer informed of transaction

14 NOVEMBER 2007

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17. Date of grant

18. Period during which or date on which it can be exercised

19. Total amount paid (if any) for grant of the option

20. Description of *shares* or debentures involved (*class* and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of *shares* or debentures over which options held following notification

23. Any additional information

24. Name of contact and telephone number for queries

HAZEL JARVIS 020 7695 6378

Name and signature of duly authorised officer or issuer responsible for making notification

HAZEL JARVIS

DATE OF NOTIFICATION 14 NOVEMBER 2007

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS**

This form is intended for use by an *issuer* to make a *RIS* notification required by *DR 3.1.4R(1)*.

- (1) An *issuer* making a notification in respect of a transaction relating to the *shares* or debentures of the *issuer* should complete boxes 1 to 16, 23 and 24.
- (5) An *issuer* making a notification in respect of a derivative relating the *shares* of the *issuer* should complete boxes 1 to 4, 6, 8, 13, 14, 16, 23 and 24.
- (6) An *issuer* making a notification in respect of options granted to a *director/person discharging managerial responsibilities* should complete boxes 1 to 3 and 17 to 24.
- (7) An *issuer* making a notification in respect of a *financial instrument* relating to the *shares* of the *issuer* (other than a debenture) should complete boxes 1 to 4, 6, 8, 9, 11, 13, 14, 16, 23 and 24.

Please complete all relevant boxes in block capital letters.

1. Name of the *issuer*

**J SAINSBURY PLC**

2. State whether the notification relates to

(i) a transaction notified in accordance with *DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

**(iii) both (i) and (ii)**

3. Name of *person discharging managerial responsibilities/director*

**GARY HUGHES**

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

**N.A.**

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest<sup>1</sup>

**HOLDING IN RESPECT OF GARY HUGHES**

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

**ORDINARY SHARES OF 28 4/7 PENCE**

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

**GARY HUGHES**

8. State the nature of the transaction

**PURCHASE OF SHARES**

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

**2,500**

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

N.A.

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

N.A.

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

N.A.

13. Price per *share* or value of transaction

**416.07 pence**

14. Date and place of transaction

**14 NOVEMBER 2007**

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

**18,135 ORDINARY SHARES**

16. Date issuer informed of transaction

**14 NOVEMBER 2007**

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17. Date of grant

18. Period during which or date on which it can be exercised

19. Total amount paid (if any) for grant of the option

20. Description of *shares* or debentures involved (*class* and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of *shares* or debentures over which options held following notification

23. Any additional information

24. Name of contact and telephone number for queries

**HAZEL JARVIS                      020 7695 6378**

**Name and signature of duly authorised officer or issuer responsible for making notification**

**HAZEL JARVIS**

**DATE OF NOTIFICATION 14 NOVEMBER 2007**

**END**